

Millennial Star



THE MILLENNIAL STAR

VOL. 118 No. 11

EDITOR:
CLIFTON G. M. KERR

ASSOCIATE EDITOR:
RICHARD L. EVANS, Jr.

EDITORIAL ASSISTANT:
PAMELA JOHNSON

OFFICIAL ORGAN OF THE CHURCH OF JESUS CHRIST OF
LATTER-DAY SAINTS IN GREAT BRITAIN

Contents for November, 1956

- 333 The Word of Wisdom
 – *President Clifton G. M. Kerr*
- 334 The Law of Health – *Elder Antoine R. Ivins*
- 337 Elder Adam S. Bennion's Tour of Britain
 – *President and Sister Clifton G. M. Kerr*
- 344 As We Look Back Upon Britain
 – *Elder Adam S. Bennion*
- 346 Why The Word of Wisdom – *Dr. Creed Haymond*
- 349 Toward Perfection – *Thomas L. Martin*
- 351 "And Shall Run And Not Be Weary" – *Stan Watts*
- 353 Principle With A Promise – *Vernon Law*
- 354 Branch and District Activities
- 363 Missionary Activities

The MILLENNIAL STAR is not responsible for unsolicited manuscripts, but welcomes contributions. Manuscripts are preferred typewritten and double-spaced, but are acceptable in legible handwriting.

Rates:
10s. per year
6s. per 6 months
Single copies 1s.

149 NIGHTINGALE LANE, BALHAM, LONDON, S.W.12
Telephone: BATtersea 4510

F. J. LAMB (PRINTERS) LTD., 173a Northcote Road, London, S.W.11

The Word of Wisdom

“ Given for a principle with promise adapted to the capacity of the weak and weakest of all Saints, who are or can be called Saints.”

“ The Word of Wisdom showing forth the order and will of God in the temporal salvation of all Saints in the last days.”

These words are given by way of introduction to the modern revelation known as the “ Word of Wisdom ”.

That such a commandment should be given at all is disturbing to some people in the Church. Because of it many others are kept from becoming members, since it deals with matters of personal conduct and runs contrary to accepted social practices of the day.

Of the many revelations from God that have come to us through the Prophet Joseph Smith, none demonstrate more clearly his prophetic nature and calling than does Section 89 of the Doctrine and Covenants.

A true prophet speaks fearlessly as directed by God without regards for personal feelings or the effect his words might have on the “ status quo ”. What is revealed through him may challenge the foundation of long respected beliefs and practices, and may deal with matters which by worldly standards are not within his jurisdiction.

In his day it may be impossible to demonstrate, by the knowledge of men, the truth of his message. However, this would not concern a true prophet, for he would know that that which comes of God will finally prevail and be fully justified by time and experience.

So it has been with the “ Word of Wisdom ” in our day—it strikes at the very heart of the most favoured of social practices—it brands as evil, habits which heretofore had not been challenged—in 1833 scientific research on the various subjects mentioned was in its infancy.

Nearly a century and a quarter has passed since this revelation was given. Those things it condemns as not being good for man are being consumed in greater quantities today and by more people than ever before. With the years has come a wealth of scientific evidence confirming the “ wisdom ” of this revelation as it affects physical well-being.

If there was a need for such council for the “ temporal salvation of the Saints ” in 1833 it is a thousand-fold more needed today.

But there is another aspect of this question perhaps equally important. The Lord would have His people a “ tried people ”. They have been designated in times past as “ a peculiar people, zealous of good works ”, and “ purified unto himself ”.

Obedience to the Word of Wisdom combined with other virtues is the price of that purity in our day. It is the mark that separates the

Latter-day Saints from the world; it is the best evidence of the desire, the faith, and the fortitude necessary to be in the world but not of the world. Failure to obey it stunts spiritual growth, and retards the progress of the soul on the road to perfection. Its observance in no way is a substitute for the ethics of the Ten Commandments or the positive virtues of the Beatitudes. Like the Ten Commandments it means "thou shalt not"; but it is given in the spirit of the Beatitudes as a "principle with a promise" and it is within the capacity of all to obey.

Who would wish to deny themselves these promised blessings by quibbling about the Word of Wisdom being a commandment:

"Temporal salvation of all Saints in the last days".

"Shall receive health in their navel and marrow in their bones, and shall find wisdom and great treasures of knowledge, even hidden treasures and shall walk and not be weary and shall run and not faint".

"And I the Lord give unto them a promise that the destroying angel shall pass by them as the children of Israel and not slay them". Amen.

Let us all echo gratefully in the chorus, "We thank thee, O God, for a Prophet".

A LAW OF . . .

HEALTH

ELDER ANTOINE R. IVINS

The First Council of Seventy

Brother Ivins was born in 1881 in St. George, Utah. He lived part of his early life in Mexico, and years later, on August 5th, 1931, was appointed to preside over the Mexican Mission. Having spent several years in that country he is highly trained in the Castilian tongue and is endeared to the Mexican people, on whose behalf his father also, President Anthony W. Ivins, laboured with so much fidelity. On October 8th, 1931, in the Salt Lake Temple, Brother Ivins was set apart as a member of the First Council of Seventies by President Heber J. Grant.

THE Word of Wisdom is a law of health given to the members of the Church of Jesus Christ of Latter-day Saints by the Lord, through the Prophet Joseph Smith Jr., on the 27th day of February of the year 1833, in Kirtland, Ohio.

Because of its nature and recommendations it has had a very wide

study and many interpretations of its meaning have been made by members of the Church and non-members alike. As might easily be expected some of these interpretations have been very liberal and others very much to the contrary.

The most liberal of these interpretations, perhaps, are those which

grow out of the introductory verses which say that it is to be sent as a greeting and not by commandment. In this connection it would be well for us to read the fourth verse of the eighty-fourth section of the Doctrine and Covenants where it says, "For you shall live by every word which proceedeth forth from the mouth of God." Then when one returns to the eighty-ninth section and reads "showing forth the order and will of God in the temporal salvation of all saints in the last days" if he wishes to please his God how can he hedge in the observance of this law? It is in this spirit that the Church now accepts it as a law of the Church.

Then when one makes up his mind to observe this law to the very best of his ability his next problem is to learn just what it is. As above suggested, it is here that interpretation becomes exceedingly variant and personal habits and desires may enter resulting in great confusion. When in doubt one should go to the head of the Church for interpretation.

It speaks of hot drinks, strong drinks, the use of various grains and the use of meats.

The term "hot drinks" has been interpreted, over the years, by the leaders of the Church as referring to tea and coffee. These were the hot drinks in general use at the time of the promulgation of this particular revelation. Since then, there have come into rather general use certain beverages which were not known to the Prophet. Some of these contain drugs which are contained in tea and coffee. While their

use has not been prohibited by edict of the leaders of the Church they, the leaders, do strongly recommend that people do not become addicted to these drinks.

The use of intoxicating liquors, has always been frowned upon by the Church and consequently alcohol in its various forms is a forbidden drink. Its use is far more dangerous than that of tea or coffee for the simple reason that it slows down all of the reactions of the mind and when taken in sufficient quantity induces entire inactivity. Between the first slowing down process and entire insensibility there is a wide field of uncontrolled physical and mental activity. This is the time when so many dastardly crimes are committed. Alcohol limits the ability of the drinker to make close, accurate decisions. Besides this its use creates an appetite for itself which has resulted in the dissipation of many large and small patrimonies with the attendant suffering. Why, then ever use it?

When it comes to the use of meats one should read not only the eighty-ninth section but also verse nineteen of section forty-nine. We learn, definitely, from this verse and section eighty-nine that the beasts of the earth are to be used for food. The use of flesh, it is true, should be moderate, especially in hot countries. The Doctrine and Covenants states, preferably in times of famine and winter. Some people get so extreme in their interpretation of this portion of the revelation that they feel that all who cannot think just as they do are out of harmony with the Church. This interpretation is car-

ried to such an extreme that certain people refuse to use any animal products whatsoever. Even milk, butter, cheese, eggs and so forth go out of the diet of these people, whereas, it seems that they are not only NOT prohibited but are, on the contrary, recommended in the revelation.

Then even the innocent unsuspecting grains come in for severe regulation. While wheat is prescribed for the use of man it is extremely difficult to find firm directions for its preparation in the revelation. It would seem that the spirit of the revelation leaves, pretty much to the individual, the manner in which he should prepare his wheat. So far as the writer is concerned an individual may eat the kind of flour he desires, can even grind it himself in his own basement, but when he does so he should bear in mind that he is following his own individual inclination and that the Church, as such, is not responsible for it as well as the fact that others who prefer to prepare it after a different manner

are not running counter to Church advice.

It will be noticed also that all of the grains are for the use of man. This includes oats, corn, barley, rye, and certain other grains which are not of such common use.

It is an interesting fact that most of the extreme interpretations have for their backing, recommendations of certain men who report having studied the subject in great detail. It is the belief of the writer that the attitude represented is, frequently, that of a small portion of the group of students so represented and that, since it pleases us, we accept the recommendations of the few and discard those of the majority.

It is extremely dangerous for us to pass judgment on a brother because, in these certain areas, he may differ from us in his thinking and practice.

Let us repeat that there is one place for the investigator to go for information as to the stand of the Church on these matters and that is the head of the Church. If uncertain, follow the President.

One of the great testimonies, to me, of the divinity of the work in which you and I are engaged is the fact that those who have turned away from the truth, without one single, solitary exception that I can recall, have done so because they have failed to keep the commandments of God. To me it is little less than marvellous that no faithful man or woman, within my recollection, has ever lost the faith of the gospel. Only those who have neglected to serve God, only those who have not kept the light of the Holy Spirit burning within their hearts, by obeying the commandments of the living God—they are the only ones who have lost the faith and turned away.

President Heber J. Grant

Elder Adam S. Bennion's

TOUR OF BRITAIN

FOLLOWING the General Conference of the Church in April of this year Elder and Sister Adam S. Bennion received the assignment of touring the European Missions as a representative of the General Authorities.

After the completion of a four month's tour of the Missions on the European Continent, they arrived at the London Airport, August 2nd. The following day, in company with President and Sister Clifton G. M. Kerr of the British Mission, they commenced their tour of Great Britain, leaving by air for Belfast, Ireland.

The first evening was spent with the Saints at Dublin in the Irish

Free State, where a small but valiant group of members have carried on through the years without the help of missionaries. Elder Bennion offered kindly encouragement and expressed gratitude for their faithfulness.

Saturday and Sunday, August 4th and 5th, were spent in meetings with Missionaries and Saints of Northern Ireland. Several L.D.S. boys who were on a summer training cruise with the U.S. Naval R.O.T.C., participated in the Conference.

On Tuesday the 7th, Elder and Sister Bennion visited the London Temple site where construction on the Temple has begun. They were

Elder and Sister Bennion and President Kerr on the shores of Loch Earn in Scotland.



impressed with the beautiful site as a most desirable location for a House of the Lord.

The Bennions and Kerrs left Wednesday morning the 8th, traveling by car to Cardiff, Wales. En route, a brief visit was made at Oxford University. That evening many members and friends gathered to hear Elder Bennion give one of his interesting and inspirational talks. Many investigators expressed their pleasure at meeting a living apostle.

While at Cardiff a visit was made to Fagan Castle, one of the most interesting of all castles visited. The antique furniture, wall tapestry and pictures, and cooking utensils of years past still decorate the interior, representing Welsh rural life of centuries past. Another interesting experience was enjoyed in a visit

to Aberdare where the Welsh National "Eisteddfod" was being held. Choruses from all over Wales were competing. Welsh Folk Dances were demonstrated and Welsh arts, crafts and costumes were exhibited.

The tour then travelled to Bristol for week-end meetings. Missionaries, members and friends from several distant Branches came by chartered buses to participate in the Conference. At the Conference Sister Holder, District Relief Society Supervisor, was called from the audience to speak. She said that for many years she had wondered what it was that was different about the General Authorities of the Church. With Brother Bennion's visit she had found the answer, "It was the child-like look in their eyes."

The Suez crisis during this period

Elder and Sister Bennion, President and Sister Kerr with President Robert E. Spikin in courtyard of Queen's Palace in Edinburgh.





. . . with the missionaries in Birmingham in front of the district home.

was marked by the presence of hundreds of Army convoys, on the road, moving towards ports of embarkation for the Middle East.

Monday the 13th, the tour continued to Birmingham via the John Benbow farm, where a visit was made to the building where Wilford Woodruff held meetings in 1840 and to the pond where all but one of the 600 United Brethren were baptized, among whom were 47 licensed preachers. This part of the tour was through some of the most beautiful areas of rural England.

At the close of the inspiring meetings held in Birmingham eight investigators asked that dates might be set for their baptism. All eight were baptized the following Saturday.

Leaving Birmingham, visits were made to Coventry, which had been Hitler's target for "complete destruction" during World War II. The City centre was completely lowered by bombs. It has been rebuilt and today is one of England's

most modern and attractive cities. The walls and spire of the famed Coventry Cathedral still stand as a mute witness to the destructiveness of war.

The next stop was Stratford-on-Avon, the home of William Shakespeare. Elder and Sister Bennion, being students of English Literature, were fascinated with this visit to Shakespeare's birthplace, Ann Hathaway's Cottage and the Memorial Theatre, the world's foremost Shakespearian Theatre, where the performance of Shakespearian plays draws people from all over the earth.

The tour arrived back in London on Wednesday the 15th, allowing Elder and Sister Bennion a much needed rest and the opportunity to visit Westminster Abbey, the Tower Bridge, the Parliament Buildings, watch the changing of the Guard at Buckingham Palace, and see many other things of interest in the great city of London.

On Saturday 18th, Conference



**Elder Bennion
and
President Kerr
Manchester**

was held for the Latter-day Saint Servicemen in the British Isles who had been granted religious leaves to attend. On Sunday 19th, the Servicemen joined with the Missionaries, Saints and friends of the London District in Battersea Town Hall where over 400 people heard an Apostle of the Lord bear his witness. On Monday the 20th, a London Missionary Report and Testimony meeting was held that lasted from 10 a.m. to 8 p.m. This was one of the most inspiring meetings of the tour. Twenty-five missionaries poured out their hearts in gratitude for their missionary call, their loved ones at home, and their priceless testimonies of the Gospel.

The party left early Tuesday the 21st for Ipswich, headquarters of the Norwich District. En route, buildings were inspected at Southend, Chelmsford, and Gorleston and approved by Brother Bennion for purchase as Branch Chapels.

Following well attended meetings in Norwich District, the tour moved to Nottingham where meetings with Missionaries, Officers and

Teachers and the General Public took place.

The week-end of 25th and 26th was spent in Manchester where the Liverpool and Manchester Districts had combined their Conferences for their meetings with Elder Bennion. Next to the meetings held in London these were the largest gatherings. A blind lady who had lost all hope and interest in life, prior to meeting the Missionaries, stood and bore a stirring testimony. The Missionaries of the Manchester District have all participated in buying and presenting her with a Book of Mormon in Braille.

On Monday the 27th, the tour travelled to Harwarden, North Wales where Elder Bennion's grandfather was born. Here he visited two Bennion families, one of which had his grandfather's full name. Elder Bennion had long dreamed of standing on the ground where his grandfather had accepted the Gospel many years ago. This was one of the most touching events of the tour. The Harwarden Castle, which is the ancestral home

of the Gladstones, was also visited.

Tuesday 28th, meetings were held with Missionaries, Members and friends in the Sheffield District.

Note was made of the extensive crop damage resulting from the wettest August in 70 years. In some areas as much as 14 inches of rain fell during the month.

The next meetings were held in Hull where a large crowd assembled in the Hull District Chapel. Hull is one of the fishing centres of England. The Bennions and Kerrs were taken to the fish docks early on the morning of the 31st by President Aubrey of the Hull Branch where they watched fishing boats that had been at sea for three weeks, being unloaded; watched the fish auction, and were shown through a fishing boat. The methods of icing and storing fish as they are caught during the three weeks' trip, were explained.

From Hull, the tour moved northward to Bradford for the Leeds District Missionary Meeting which was held Saturday and the four well-attended meetings on Sunday.

Monday, September 3rd, the

group was met at Durham by President Fred W. Oates, First Counsellor of the British Mission Presidency, who had arranged for a sight-seeing tour through the Durham Cathedral and Castle in company with the Mayor of Durham. This was followed by a Mayor-conducted trip through the MacKay Carpet factory, which is one of the largest and best-known carpet factories in England. In the evening a general session was held in the Sunderland Town Hall. The Meeting was attended by members and forty friends and investigators, many of whom first made contact with the Church through the B.Y.U. Track Team.

Leaving Newcastle, the tour headed North for Scotland, arriving in Edinburgh September 4th. The famous Edinburgh Festival was in progress. An evening performance of the "Military Tattoo" was attended and enjoyed. This was a re-enactment of a famous battle between the English and the Scots, which, of course, was won by the Scots. Massed bagpipe bands in colourful Scottish dress, mounted and afoot, highlighted the evening's entertainment.

... in front
of
Edinburgh
Castle



On the following day, President Spikin of the Edinburgh Branch, a Police Officer, and a recent convert to the Church, took the Bennions and Kerrs to the places of interest in the City. Places of special note were the Walter Scott Monument, Robert Louis Stevenson's Library and the Edinburgh Castle and Palace. Near the Castle is a majestic rugged hill known as "Arthur's Seat". There, Orson Pratt retired the morning after his arrival in Edinburgh, in May 1840, and earnestly pleaded with the Lord to give him two hundred souls as converts. That number and more was the answer to the earnest prayer of that humble servant of the Lord. That hill has been known from that day unto this by members of the Church as "Pratt's Hill."

The tour then left Edinburgh via the famed "Trossachs". This is the land of beautiful lakes and heather-covered hills. Leaving the "Trossachs" the tour then continued to

beautiful Loch Lomond, the lake that has inspired poets and artists for generations.

The arrival in Glasgow was of singular interest to Elder Bennion, since this was the birth-place of his grandmother. Before leaving Glasgow, Elder Bennion said "I have now realised the dream of a lifetime—that of setting foot on ground where my grandfather and my grandmother were born and accepted the principles of the Restored Gospel."

Chartered buses brought the Saints from all the Scottish Branches to participate in the sessions of the final conference of the tour.

Monday morning Elder Bennion left Glasgow by plane for Heidelberg, Germany to dedicate the Latter-day Saint Chapel, for the building of which, Latter-day Saint servicemen in Germany had contributed \$5,000.00. President and Sister Kerr and Sister Bennion drove back to London through the heart of England, arriving in London

. . . with the missionaries of the Scottish District in Glasgow.



just a few hours before Elder Bennion arrived after having completed final assignment in the European Missions—that of dedicating a House of Worship for the Saints in Germany.

During the tour, many famous Cathedrals and Monuments were visited. Brother and Sister Bennion's knowledge of English Literature and History added interest to all of these historical places.

After two days in London, Apostle Adam S. Bennion and his charming and greatly admired wife, Minerva Y. Bennion left for home on September 13th on the *Queen Mary*. Their popularity was evidenced by the hundreds of autograph seekers who approached them wherever they went.

During their extensive five and a half weeks' tour of the British Mission they met with 175 Missionaries and over 3,000 members and friends. Meetings for Missionaries, for Officers and Teachers, and General Sessions numbered 60 in all, these varying in length from two hours to ten hours. Many blessings and administrations were

given to Missionaries and Members who sought the powers of the Priesthood in their behalf.

Elder Bennion's message to the Missionaries and Saints emphasized the important aspects of Successful Teaching, Inspired Leadership and the Unique Features of the Church of Jesus Christ of Latter-day Saints. His message and testimony will long live in the hearts and lives of the Missionaries and Members of the Church in Great Britain.

President Clifton G. M. Kerr summed up Elder and Sister Bennion's tour in the following words:

"The Bennions brought to England a spirit of love for their fellowmen that touched peoples' hearts everywhere. From a lifetime of training and experience Elder Bennion's inspiring instruction on the principles of good teaching and leadership are being felt in the activities of the Missionaries and the administration in the Branches."

"His stirring witness as an Apostle of our Lord and Saviour encouraged all of us in our devotion to the work of the Church."

Thank You

For the past year Elder David K. Hart has served with great diligence and devotion as co-editor of the *Millennial Star*. He has now been released from his missionary duties and will enter the Brigham Young University to continue his education. We feel sure that "*Star*" subscribers would like to join us in saying, "Thanks for a job well done" and to offer our best wishes and blessings to Elder Hart as he begins another phase of his career.

We agree with the words of one of Elder Hart's companions: "He will create his own mission wherever he goes."—*Ed.*



*Elder and Sister Bennion
outside the chapel in Glasgow*

*As we look back
upon*
BRITAIN

ELDER ADAM S. BENNION
Quorum of the Twelve

*"O how the echoes start
When memory plays an old tune on the heart."*

IT is already two months since we first set foot upon Britain. In those two months we have had the stirring experience of

- Meeting President and Sister Kerr
- Enjoying their gracious companionship and thoughtful association
- Catching the buoyant spirit of the office staff and their considerate attention to our needs.
- Living in the atmosphere of service of 180 missionaries and basking in the spirit of their devotion and testimony
- Delighting in the glories of the British landscape, whether in Ireland or Wales, or England or Scotland
- Pondering the untiring labour that once went into "The Dry Stone Dikes" that signify pride of ownership of part of God's good earth
- Enjoying the hospitality of the Saints at every turn
- Looking into the faces of thousands of our people as they reached out in interested and sympathetic fellowship
- Sharing the uplifting influence of the gospel as we met together in the spirit of prayer and thanksgiving
- Shaking the hands of friends whose kind sentiments shone in their eyes
- Meditating in Westminster the glory that is Britain
- Sharing with grand young people their aspirations and hopes
- Rejoicing with those who have marvellously "come to themselves"

Living vicariously the joys of families who have been reborn under the unifying and inspiring influence of the gospel of love and happiness and peace

Thrilling to the conviction that the restored gospel has been given to us of our generation with its rich blessings in our daily lives and its assurance of eternal exhaltation and joy

Treading the paths once familiar to our grandparents, who accepted the gospel at the hands of missionaries of another generation to our great benediction

Sister Bennion and I sit here tonight in our own home—some six thousand miles from you. We enjoyed a wonderful trip home—by ship to New York—by plane from New York to Salt Lake City. The miles seemed short miles—doubly short because memory carried such rich sentiments along the way.

This is no occasion for a long preachment. We just want to say “thank you” for all your kindnesses and to wish you the choicest blessings of heaven in your lives and in your homes out across the future.

And with those blessings we leave you our testimonies

That God lives

That His Son is our Redeemer and Saviour

That they both appeared to the Prophet Joseph and through him restored the everlasting gospel for our guidance and for the blessing of all mankind who will receive and heed its teachings

The gospel is so complete—so simple, yet so satisfying—entering into and motivating every aspect of life. Just by way of review may we commend to your thoughtful consideration these Seventeen Distinctive Features of Mormonism:

- | | |
|----------------------------------|-------------------------------|
| 1. Welfare Plan | 9. Ward Teaching |
| 2. A Great Story | 10. Lay Leadership |
| 3. Religious Literature | 11. A Wonderful Organisation |
| 4. Concept of Diety | 12. A Work-A-Day Programme |
| 5. Priesthood | 13. Philosophy of Works and |
| 6. Eternal Progression | 14. Word of Wisdom Grace |
| 7. Tithing | 15. Missionary System |
| 8. Temples and Temple Ordinances | 16. Programme for Youth |
| | 17. Continuing Revelation |

And as you ponder them, may you live by them under the precious promises of Section 121 of the Doctrine and Covenants, verses 45-46:

“Let thy bowels also be full of charity towards all men, and to the household of faith, and let virtue garnish thy thoughts unceasingly; then shall thy confidence wax strong in the presence of God; and the doctrine of the priesthood shall distil upon thy soul as the dews from heaven.

“The Holy Ghost shall be thy constant companion, and thy sceptre an unchanging sceptre of righteousness and truth; and thy dominion shall be an everlasting dominion, and without compulsory means it shall flow unto thee for ever and ever.”

Why the Word of Wisdom

DR. CREED HAMMOND

Dr. Creed Haymond, a dentist by profession, is a former President of the Northern States Mission and former member of the Young Men's Mutual Improvement General Board. Dr. Haymond was one of the great sprinters of the United States in his earlier school career and a long time holder of several track records.

WE are living in a day of excesses and perversions, a day described by the scriptures as a wicked and adulterous generation when evils and designs of conspiring men are influencing the habits and degrading the appetites of a great percentage of civilized men. Not only the men but the women also, and the young men and young women in their teens are being drawn into the field of addiction by the suggestions and invitations of unscrupulous men and companies who care nothing for the moral standards and health of their victims so long as their ledgers show huge profits. It has become so common to see men and women of all ages smoke cigarettes and consume stimulating drinks and alcoholic beverages that it is almost a rarity to see one whose principles forbid such addiction. Such a one seems to be separated from the crowd as one estranged from the group to become a social misfit. And even in the face of scientific evidence of the dangers involved in the use of these things is the indulgence in them growing by leaps and bounds. The growing popularity of "coffee breaks" and "tea recesses" in the mid-morning and mid-afternoon, together

with the chain consumption of cigarettes and pre-meal cocktails is being decried by nutritional scientists as they warn of the dangers to the health of users and to the health of future generations. How strange that intelligent men and women should become slaves to appetite to the extent that they are willing to jeopardise not only their own health but the possibilities of physical weakness in their own posterity. God, our Father, did not intend that this should happen to his Covenant children and has spoken out in each dispensation with a warning of impending disaster if indulgence in things unsuited to the body was not stopped. His reasons, however, are something apart from those of scientific men as they call for abstinence. The latter warn us that physical distress will follow unwise consumption of the above things, while God is concerned in the spiritual *as well* as the physical. Physical well-being is a by-product of the observance of His counsel, but the moral and spiritual values run much deeper and are of prime consideration. In our dispensation, He has given us what is known as the Word of Wisdom. It is given as a principle of life with a promise of blessing and is adapted to the

capacity of the weak (referring to man's weakness in succumbing to destructive habits.) A promise of blessings of glorious import is stated with clearness, as follows: "All saints who remember to do and keep these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones; And shall find wisdom and great treasures of knowledge, even hidden treasures; And shall run and not be weary, and shall walk and not faint. And I, the Lord, give unto them a promise that the destroying angel shall pass by them, as the children of Israel and not slay them. Amen." (D. & C. 89: 18-21).

What is more glorious than the promise of vigour of body and physical endurance during a long life, and then to have that life enlightened with wisdom and treasures of knowledge—yea, even hidden treasures? But we must ask ourselves a question. Will abstinence from the use of alcoholic beverages, hot drinks and tobacco, and the eating of health-giving foods be sufficient to assure us of all of these blessings? Certainly they will give us the physical blessing, but what of the hidden treasures of knowledge? If we will re-read the conditions upon which the blessings are promised, we find that "walking in obedience to the commandments" poses a condition which must be observed in addition to the things we should not take into our bodies and those things needful for good nutrition. The "commandments" refer to the Laws of the Gospel, i.e. love of our fellow men, faith, repentance, forgiveness, payment of tithing, keeping the Sabbath day, faithful-

ness in prayers, and diligence in service. Then, and only then, are we living the "Word of Wisdom" in its fullness, and we will be "sanctified by the Spirit unto the renewing of our bodies." (D. & C. 84:33). Wisdom and treasures of knowledge will follow as night follows the day. This is the great promise centred in the "Word of Wisdom," and it is presided over by the Holy Ghost. The body then becomes a "Temple of God," privileged to receive spiritual direction in the affairs of life, and a sure knowledge that Jesus is the Christ, and that the restored gospel is the way of life unto salvation.

The scriptures are replet in describing the conditions which must exist if the Holy Ghost is to dwell in us. We must be clean and undefiled or He will never come near us. Isaiah spoke to ancient Israel as follows: "Depart ye, depart ye, go ye out from thence, touch no unclean thing, go ye out of the midst of her; Be ye clean that bear the vessels of the Lord." (Isaiah 59:11). When the angel appeared to Zacharias in the Temple and announced the future birth of John the Baptist he said, "For he shall be great in the sight of the Lord, and shall drink neither wine nor strong drink, and he shall be filled with the Holy Ghost." (Luke 1:15). The Apostle Paul explained that we are "builded together for an habitation of God through the Spirit." (Eph. 2:22) and specified the conditions in detail in 1 Cor. 3:16-17, "Know ye not that ye are the Temple of God and that the Spirit of God dwelleth in you? If any man defile the Temple of God, him shall God destroy, for the

Temple of God is holy, which temple ye are."

What is it that defiles our bodies? We are defiled by consuming those things which, by their action, change the normal functions of the nerves, tissues and organs of the body, thus preventing it from functioning as the supreme handiwork of God. The stimulant in tea and coffee whips the nerves and goads the system to unnatural effort, and with other foreign elements, throws a heavy load on the organs of internal secretion. Tobacco befouls the body and robs it of its reserves; increases the heart rate and burdens the organs beyond natural requirements. Alcohol breaks down the body, demoralises the host, and leads to greater sin and ruined health. As the body is insulted, its appetites and habits perverted, the Spirit of God withdraws and the "body as a Temple" is destroyed.

We should stop and reflect on the status of man and note how singular is his position in God's great scheme. Our Creator has stated that His work and glory is to bring to pass the immortality and eternal life of man, and so man

had his beginning. After the earth was created and beautified and the living creatures were brought forth, God made man in His own image and after His own likeness, and gave him dominion over all the works of His hands. Man was dignified in the God-image, walking upright and being crowned with honour and glory. This honour carried with it heavy responsibilities, for if he is to become as his Father, he must attain that status by careful and diligent preparation. As every father among men takes pride in seeing his son succeed to his stature, so our Heavenly Father honours His sons with the possibility of Godly attainment. The preparation demands obedience to the rules which lead to perfection. Mastery over every faculty is expected; discipline of passions, control of appetites, direction of thoughts, and a life dedicated to service. To reach such heights, a power greater than himself is needed, and so he receives the Holy Ghost to instruct and prepare him to meet his Creator. To entertain such a Guest, let us make our lives acceptable by observing all of the virtues demanded of the faithful.

WANTED

● The mission office is running short of British Mission Public Speaking and Teaching Manuals and would like to obtain as many used or new copies as possible. It would be greatly appreciated if all those who have completed the course or who are not using the copies which they have, would please send them in to the mission office. If you wish, the full purchase price of four shillings will be refunded to you.

● An opening is available for an experienced knitter to fill a position with a recently reactivated knitting factory in Magrath, Alberta, Canada. Applications should be made to Earl P. Tanner, Alberta Woollen Products, Ltd., Magrath, Alberta, Canada.

THOMAS L. MARTIN

Professor

Brigham Young University

TOWARD PERFECTION

IN the days of Israel's wanderings in the wilderness, men, women and children were asked to eat certain kinds of foods and abstain from those which were detrimental to the health of the body. They were told not to eat the meat of swine, lizards, ferrets, hawks, eagles or ravens. Also animals that die of disease, they were commanded not to eat. Other advice was given to insure the health and cleanliness of those Hebrews as they carried on their daily affairs in that wilderness environment. The food requirements given to those Israelites were very much like the requirements involved in our own Word of Wisdom.

The Word of Wisdom was given to the Prophet Joseph Smith in these last days. The Prophet had observed how so many people lived even in his neighbourhood. Tobacco was chewed and smoked by many people. It did affect their teeth, it destroyed the smoothness of the skin; it caused nauseating smells to become associated with their bodies. It created unwholesome cravings for strong drink. Many such individuals found themselves in the gutter in the street living almost on the level of animals.

These sights troubled the Prophet Joseph very much. He had already received revelations which indicated that man was created little lower than the angels and that his

body housed a spirit which probably would ultimately become as God himself was, and that this spirit would and could develop or unfold into a state of perfection which would make man the kind of being which had been planned for him in the pre-existent state. He wondered how this body in which the spirit resides could fulfill its destiny if strong drink and tobacco were absorbed into the body. The more the Prophet thought about this, the more he prayed, the nearer he approached a state of mind wherein our Father in Heaven could reveal himself and give unto him the ideas involved in the Word of Wisdom as recorded in Doc. & Cov. Sec. 89, vs. 2-9. One reads from this reference that strong drinks are not good for the body, neither is tobacco for the body, neither for the belly, and hot drinks, which have been further interpreted as tea and coffee, are bad too.

It will be noticed that this revelation was given in Feb. 1833 and did indeed contain that which was necessary for the development of a healthful vigorous body. Ten to twenty years previously some scientists had presented certain ideas regarding the laws of health. However the ideas were not too complete nor as comprehensive as that given by the Prophet Joseph. These health ideas were not widely known and were not generally accepted.

As time has gone on the laws of health have been studied further and have been found to harmonise fully with our Latter Day revelations. We are to keep our bodies such that the influence of our Heavenly Father may be found in our daily living.

Those who have been fortunate enough to be given a good normal body are expected to treat it right. If, by chance, some one has been born with certain abnormalities they can also live better. The Word of Wisdom implies, that the body must be kept efficient so that great thoughts and great inspirations may come as a result of the spiritual influences to which all are entitled. One is justified in stating that sleeping in rooms improperly ventilated violates the spirit of the Word of Wisdom revelation. Working until one is physically run down is not wisdom. Breathing an atmosphere in which someone has sneezed and thrown millions of germs out into the air is a mistake. Failure to place a handkerchief over the mouth when sneezing, is not wisdom. Drinking and eating from unclean utensils is bad. Failure to bathe as often as is necessary, and the wearing of unclean undergarments is not wisdom.

A university experiment carried out recently in one of our bacteriology laboratories regarding the wearing of clean clothes was quite enlightening. An undershirt on one student had been worn one day. A square inch of the garment was cut out and germ numbers determined. There were 12,000 organ-

isms on that square inch. This same shirt worn by the same individual was worn one week and no bathing actually engaged in. There were 15,000,000 germs found on one square inch of undershirt. This indicates the wisdom of clean clothes and the necessity for a regular bath if one would keep the body healthy.

It is plainly evident that good health regulations are involved in the Word of Wisdom revelation. The purpose of this Word of Wisdom revelation was to advise how the body may be a fit abode for the spirit of man. Not only must the body grow and develop from babyhood, but the spirit or soul within must develop too. It cannot fulfill its destiny if the body does not do its part. This is what the Prophet Joseph had in mind when he presented this wonderful revelation.

As Latter-day Saints we have a mission to perform. We are to develop physically and spiritually as near a state of perfection as can be done on this earth. We must seek knowledge, learn about the things above the earth and under the earth, the laws and the perplexities of nations.

All this can be done if we develop pure wholesome bodies in which the spirit body can do its part. The Word of Wisdom and all the recent developments regarding the Laws of Health which are but an elaboration of the Word of Wisdom given by the Prophet Joseph will indeed give meaning and purpose to our lives and bring the joy to which man is heir.

Character is the result of two things—mental attitude and the way we spend our time. *Elbert Hubbard.*

“And shall run— and not be weary”

STAN WATTS

Athletic Coach, Brigham Young University

THE value of the revelation presented by Joseph Smith in the 89th Section of the Doctrine and Covenants and known as the Word of Wisdom, is being recognised more than ever right now because of medical discoveries pertaining to abstinence from the things mentioned in the revelation.

The sports world has long recognised the value of abstinence in conditioning athletes. All of the things mentioned in the Word of Wisdom fits the programme of full conditioning of men for excellence in performance in their vigorous competition. Many coaches will not allow the use of alcohol, tobacco, or other stimulants during seasonal play. Moderation in eating is also stressed for better conditioning. By observing these training rules and applying proper conditioning exercises, the athlete can face and meet the demands made of his body during his competitive exercise.

It is interesting to note that the medical profession has now released factual evidence of the harmful effects of smoking. It is believed many cases of lung cancer have been caused through the use of this poisonous substance. It is known that tobacco contains many poisons, chief among them being nicotine. Tests have shown that a small amount of nicotine injected directly into the blood-

stream of a horse will kill the horse almost instantly. It is easy to conceive that the slower process of getting this poison into the human blood-stream will directly affect the individual. Tests have also proven that the heart beat of a smoker is increased considerably by smoking. If a young man in his teens begins to smoke, there is an extra burden placed on the heart at this age. With the rapid growth taking place at this time, the heart is already burdened. Why overburden it with the use of tobacco? It is also apparent that these poisons slow the nervous reaction and, of course, affect the athlete's reaction time which is so important in contests.

Alcohol is also placed on the "taboo" list in athletic training. Much of the glamorous appeal wears off when a person experiences drinking alcohol. Alcohol has been classified as a stimulant, but actually results in being a depressant. The after effects of drinking, such as dehydration and nervous disorders, certainly damage the organs and tissues of the body. The ability to think and act quickly according to the situation, as it occurs in athletics, generally means the difference in winning or losing. If the athlete deadens the nerve and brain tissue by using alcohol, he certainly places himself at a disadvantage. Tests given drunken people prove beyond doubt that they cannot

think or act clearly or quickly while under the influence of alcohol. It is always wholesome to see young people refuse drink and stand by their principles and teachings to protect their body. Many people think drinking and smoking is necessary for social acceptance when more people admire those with the intestinal fortitude and the intelligence to gracefully say "no" to such invitations. There is certainly no place for either tobacco or alcohol in the athletic programme when efficiency of performance is a must for excellent results. It is always discouraging to see many people rely on the "liquid crutch" in order to face reality and other things without the necessary courage and determination.

We do not allow our athletes the use of tea or coffee as we feel the caffeine found in both is not good for them. This caffeine is a stimulant and has the same reaction of overworking the heart. We feel our boys are in much better condition by drinking milk and fruit juices.

The use of whole grains, as stipulated in the 89th section of the Doctrine and Covenants is growing and the health values are being recognised to a greater degree. Such whole grains and natural sugars are much better for the human body than those subjected to bleaching and processing for better appearance. Tests on animals with these substances have shown their resistance to disease greater and the functional processes of the body to be better. Humans also report the same success with the use of this food in its more natural state. We are fortunate at Brigham Young University to have young men well-grounded in these prin-

ciples because of their faith. Consequently, our problems are fewer regarding training discipline than at most other colleges. We feel this is an advantage to us and it certainly adds to the pleasure of coaching. When our boys have participated in the major basketball tournaments of the nation, the public and opponents have been impressed with their great endurance over a three or four day period. Basketball is today a very active and strenuous game and young men must be in the best condition to withstand the demands of forty minutes of fast action on the body. We believe because our boys abstain from these poisons mentioned and practice moderation along with the training exercises they are given, that their body can perform well under these conditions.

The marvellous thing concerning the "Word of Wisdom" is that a young man not educated in medicine could reveal such knowledge to the world. Certainly this proves the Divine help came through revelation to better the people. Given in February, 1833, and now proven beyond a doubt in practice and by the medical profession in its tests and findings, certainly this is the word of God.

If the athletes can enjoy the best of health and stand the vigorous activity on such a programme, it becomes feasible that a person expending the ordinary amount of energy in daily tasks can profit immensely on the same programme of abstinence and moderation. By observing the revelation as given by the young prophet, people will be able to get more out of life and at the same time, "run and not be weary and walk and not faint."

Principle with a Promise

VERNON LAW

Brother Law, a young man from Idaho, is playing professional baseball with the Pittsburg Pirates, one of the sixteen major baseball teams in the United States.

WITH each blessing the Lord bestows there is a price or a law upon which that blessing is predicated. In the Doctrine and Covenants Section 89: 18-21 it gives a promise to those who keep the Word of Wisdom:

“And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones;

And shall find wisdom and great treasures of knowledge, even hidden treasures.

And shall run and not be weary, and shall walk and not faint. And I, the Lord, give unto them a promise that the destroying angel shall pass by them, as the children of Israel, and not slay them.”

In this day of great miracles we can see that these words were given the Saints for their own good. It has been proved that cigarettes, alcohol and over-indulging in our eating habits are harmful to our bodies. In my profession as an athlete it means a great deal to keep the Word of Wisdom. Here we meet the best of competition in the baseball world. In order for me to be at my best and able to compete with these great athletes, I must keep the Word of Wisdom to the letter.

As an athlete I can testify to the truthfulness of the Word of Wisdom. I have had these words proved to me on several occasions. For example, during the spring training

season all the players are striving to get their arms, legs and body in the best physical condition for the coming season. Upon reporting to the training camp we do a lot of exercises, calisthenics, and a *great deal* of running. It is here that my point is proven about keeping the Word of Wisdom. Not meaning to boast, I find I have more strength and energy left and am able to continue running while others of my team-mates fall out from exhaustion. I know that it is through the clean living and high ideals that have been taught me at home, at Sunday School and in the other church organisations that I am able to do so well in this profession.

We know that every commandment that God gives us is of a spiritual nature and that there are no carnal commandments. While the commandments have effect upon our bodies and temporal things they all are in essence spiritual. I think the largest amount of good derived from keeping the commandments is the increase of faith and the development of spiritual power and wisdom. Those who have heard and understand the Word of Wisdom will agree with me that the most damaging effects of not keeping the Word of Wisdom would be spiritual. Injury to the body may be comparatively trivial as compared to the damage to the spirit. We can see that it would retard spiritual growth.

How does all this tie in with

baseball? In order to play the game we have to condition our bodies and also condition our minds. There is a great deal of responsibility given to you when you once step out on the mound to pitch a ball game. There are people who have come out to see you perform at your best. Some come from great distances and it is nothing to see before you and around you ten to forty thousand people. It has quite a humbling effect on a person. Therefore we have to have our minds and our spirits in tune with a greater power. This can only be

done by living what you have been taught and what you know to be the true teachings of God.

I know, as all Latter-day Saints do, that to meet the everyday pressure of our jobs and lives, we must obey God's commandments to the fullest extent. If we want to be alert on our jobs, be full of energy, and at the same time have faith, knowing we can accomplish and fulfill our purposes here on earth, we will have to tune our minds and bodies to the teachings of God. The Word of Wisdom is a small but great part of these teachings.

BRITISH MISSION

Branch and District Activities

Birmingham

Northampton Branch held a party on September 15th which was attended by about forty members and friends.

Bristol

On September 15th, the Newton Abbot Branch held a Baptismal Service for Brother and Sister Vranth and their two sons Graham and Christopher. District President Sherman A. Johansen conducted the service with Missionaries and members in attendance. After the service a feast and social was held at the home of Brother and Sister Reginald Hazel and their parents. The social was a smashing success with talent supplied by both members and Missionaries.

Bournemouth Sunday School had their annual outing on August 18th and went to Poole. The Saints were able to visit Poole Power Station

after which tea was enjoyed at the home of Sister Kilbey.

Bristol Branch were greatly blessed when they visited Weston-Super-Mare on September 22nd; the weather was beautiful. Whilst the young children played on the sands, the MIAMAids and Scouts went to the amusement pier and swimming-pool. The rest of the party thoroughly enjoyed the sunshine by just sitting in deck-chairs. Later everyone went to the Chapel where refreshments were provided by the Weston Branch. Both Branches enjoyed a sing-song until it was time for the Bristol Saints to go home.

Bristol M.I.A. opened their winter programme on September 25th with a social. Brother Max Starley took charge of the games and Brothers Figures and Perry gave a skit, "Policemen on Duty". Everyone contributed towards the re-

freshments which were arranged by Sister Pat Perry.

Plymouth Branch took the opportunity on October 6th of showing their love for Sister Patricia Duggan (who is leaving for New Zealand shortly to marry Lt. Murray Verran of the Royal New Zealand Navy) by presenting her with a travelling-clock. Also during this social the Bristol District missionaries presented Elder Waywell with a farewell gift of a book as a sign of their appreciation of the fine work he has done during his mission.

Hull

Grimsby held a farewell social for Elder Roy Hill on September 7th. He was presented with a brush set, a wallet and a leather compendium. This was the first social in Grimsby for some time.

Leeds

The evening of September 22nd was given over to a combined Budget and farewell social at Leeds. The farewell was for Sister Joan Thompson who is leaving for Canada. Sister Thompson has very efficiently filled the position of Branch and District M.I.A. Secre-

tary and has always been a good and willing worker. She will be missed very much and Canada's gain will indeed be Leeds' loss. During the evening Sister Ivy Mence presented her with a beautiful five-year Bible on behalf of the Branch. A very good supper was prepared by Sisters Pat Hebditch and Marie Tassell. President Tassell and Brother Keith Hebditch were in charge of the entertainment and a good time was had by all.

Liverpool

Preston Branch Sunday School had an outing to the circus on September 5th. The annual Sunday School outing to the sea had to be cancelled because of the weather and when Billy Smart's Circus visited Preston the opportunity was taken to make up for the children's disappointment. Ten adults and fifteen children enjoyed themselves and after the show were taken home in cars.

Early in September Liverpool Primary presented a tableau depicting the story of an L.D.S. family in the great pioneer trek across the Plains. Sisters Griffiths and Fullwood together with other Primary

*Birmingham
Branch
Social
Drayton
Manor
Park*



officers and teachers worked very hard to make the presentation successful and were considerably assisted by the children especially by their good behaviour during the performance.

September 8th was a beautiful sunny day, in fact, perfect weather for the Garden Party that was given by the Liverpool Genealogical Society. Refreshments and games occupied the afternoon and at 5.30 p.m. the District Preparation Meeting began and a very inspiring talk was given by President Wright. The day was finished by dancing in the evening.

Liverpool District enjoyed a coach-trip to the Lake District and Blackpool lights on September 15th.

London

Newchapel M.I.A. held their opening winter social on September 4th. The theme was "Autumn Leaves" and a good time was had by all.

The Relief Society of Newchapel Branch held a banquet on September 27th, the theme on this occasion was "We want to go to the Temple". After a pleasant meal of soup, salad and fruit-pie, short talks were given by the District and Mission Officers. Later the Branch Relief Society sang "We want to see the Temple", the Singing Mothers and Daughters sang "Lovely Appear" and two sisters presented a sketch "For Time or Eternity". The tables circled the centre table, decoration of a paper model of the Temple with six small dolls dressed in white symbolising the virtues emphasised in Temple ordinances. This spiritual programme was uplifting to all present.

Newchapel's Sunday School outing was held on Brighton beach on September 29th.

The South London Branch Scouts, the 19th Balham and Tooting Troop organised a fête. The Scouts themselves were responsible for all the organising and working of stalls, etc., and a great deal of work went into all this. These boys put up a fine show and are to be congratulated on their efforts.

September 22nd was South London M.I.A. Cockney Dance Night. Those who came enjoyed fish and chips in good old English style. Brother Jack Taverner cooked himself to a standstill.

On the evening of September 5th several of the Mission Office staff and members and friends of the South London Branch gathered together to present a programme in honour of Brother John George Foster on his seventieth birthday. Almost everyone contributed to the fun and entertainment of the evening by displaying their talents in readings, singing, dancing and novelty numbers. Brother Foster's family then presented him with a "happy birthday" scroll with the signatures on it of all who were there in attendance and also with a large birthday cake. Surrounded by his family, Brother Foster performed the ceremony of cutting the cake amid the crackling of camera flash-bulbs. Refreshments were then served to everybody and a fine evening was concluded. Brother Foster has been a long time active member of the Church and is now serving as First Councillor in the South Shields Branch. At the time of his birthday he was on a holiday in London visiting his family.

Luton Branch held a farewell party for Brother and Sister Hill and family on September 24th. The Hills expect to sail to Australia on October 18th. Also present at the party were Mr. and Sister Taylor and their young daughter, they are leaving for the U.S.A. on October 10th. Their fellow members from the Branch wish them a safe journey and much success in the future.

October 7th saw the Romford Saints gather in the home of Brother and Sister Hart for a buffet-meal on the occasion of the blessing of their son Phillip. A beautiful cake was made by Sister Hart and iced by Brother Hart for the occasion. Phillip is the first baby born into the Branch.

Manchester

Brother Philip Green of Birmingham was the speaker at the District M.I.A. Convention held at Wythenshawe on September 29th and the social in the evening was used as

a demonstration to illustrate the points raised in his remarks.

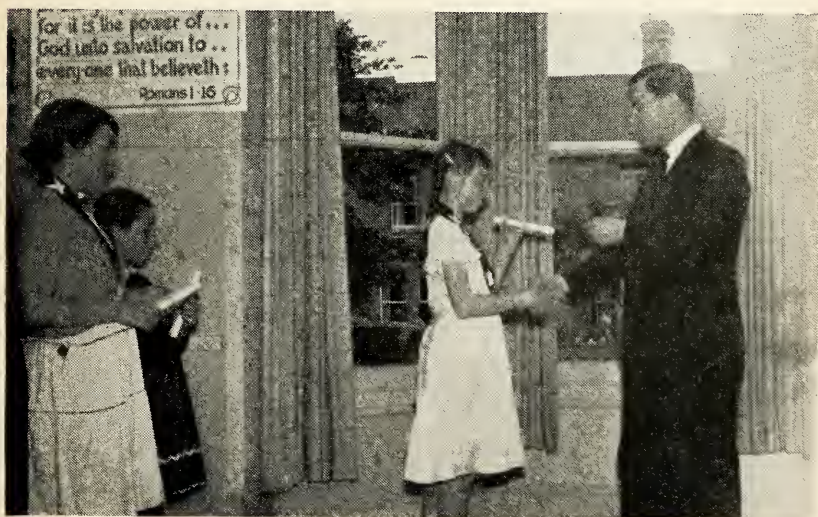
The First Intermediate Class in the Bury Sunday School went for an outing to Belle Vue with their teacher, Elder Evans, on September 22nd. This proved a most popular way of spending the afternoon and evening.

On September 22nd in the Wythenshawe, Mr. and Mrs. Crookell were hosts at a party given in honour of their son, Harold, who was twenty-one. Brother Harold Crookell is the Y.M.M.I.A. Supervisor for the District. Games and dancing proved very enjoyable and a generous buffet meal was much appreciated.

Newcastle

Two bus-loads of Saints and friends from Sunderland visited the Lake District on August 6th. The weather was beautiful and many enjoyed a trip on Lake Windermere.

Ipswich Branch—Maureen Pierpoint, Ann Lewis and Priscilla Jacobs receiving primary graduation certificates from President Jack Jacobs.



Luncheon was served at the Rutherford Hotel, Windermere.

On September 17th, President F. W. Oates conducted and addressed the Independent Order of Good Templars at their Harvest Festival Service. Sister Quayle sang two solos. There was a wonderful spirit prevalent and we are continuing to make many new friends.

The 1956/57 season was opened with a bang for Newcastle M.I.A. on September 6th. It took the form of a "World Tour" with "visits" being made for Scotland, Ireland, the U.S.A., Hawaii, Switzerland, Paris, London, and back to Tyne-side. Traditional songs were sung and dances performed. Some very colourful national costumes were worn, one sister being complete with a pair of skis. Refreshments were served on the lines of a German Beer Garden—the "beer" being of the ginger variety and everyone voted the evening a great success.

Norwich

Gorleston Branch gave a farewell party on September 20th to mark the completion of Elder Larry Kay Juchau's mission. The Hall was filled to capacity and abundant refreshments were provided by members and investigators and a wonderfully happy evening was enjoyed by all. A small presentation was made to Elder Juchau as a mark of the Branch's esteem and gratitude for his work. During the evening an auction was conducted by Brother A. Gibbs on behalf of M.I.A. funds—our brothers from Idaho will have a story to tell of British business methods—"They took the cake".

Norwich Primary held their summer outing to Earlham Park, Norwich on September 8th. The spot

chosen for the picnic was the lovely front lawns of Earlham Hall, the ancestral home of the Gurneys, a famous banking family. Elizabeth Fry, the prison reformer, spent many of her childhood days there. Her father, John Gurney, known as the "Quaker Banker" was associated with the bank in Norwich when later amalgamated with Barclay's Bank. In recent years the "Hall" was used as a maternity home and is now converted into a school for children. It was amid this background that the Primary children and teachers enjoyed a sunny afternoon of games, storytelling, etc. After having their fill of refreshments supplied by the teachers and Relief Society everyone returned home with one of President Bert Martin's Specials—a toffee-apple.

Councillor A. L. Robinson opened Peterborough's first garden fête. Councillor Robinson said that he admired the work that this Branch did. There were many activities and competitions including a baby show, fancy dress competition, stalls and sideshows. In the evening a dance was held in the recreation room.

Lowestoft Relief Society held a social on September 26th to mark the end of the summer session and gave opportunity to introduce the coming winter programme.

On October 1st, Lowestoft Branch sold the Harvest Thanksgiving gifts and raised £3 6s. 3d. for the Welfare Fund.

Nottingham

Eastwood held a Primary Social on September 15th. Thirty-five people enjoyed the happy spirit including fifteen Primary children. Refreshments were served after a short programme given by the chil-



*Peterborough
Branch
Garden Party*

dren. Quiet games concluded the evening and credit is due to the Primary Mother, Sister Mabel Hill, who was responsible for the perfect organisation of the occasion.

Nottingham held a Primary function too, theirs was a garden party and was held on September 22nd. Brother Tom Hezeltine brought along a team of girl gymnasts who gave a display on the lawn. Fun and games included "Hit the mouse", "Darts" and "Fish out the boats". There were stalls on which food, toys, and household goods were sold. The sun blazed down all day and made the party complete.

A Primary party was held by Derby Branch on September 22nd and about thirty children attended. They were given tea and afterwards were entertained with games supervised by Brother Sherlock. Before the party broke up all the children were given a prize in appreciation of their good attendance at Primary.

Sheffield

Sheffield District M.I.A. held a "Round-up Ball" on September 8th. Apart from some good dancing to excellent music, the missionaries teamed together and rendered a

very amusing floor show on the lines of a "Minstrel Show". Elder Brady gave his impression of the song, "I Believe", and it had to be heard to be believed. Presentations were made to Elder McClellan who has completed his mission and to Sister Harrison and Swift who are emigrating to America. The Sheffield Saints wish them God speed and pray that they will be happy and spare a thought for their friends here.

On September 22nd a coachful of Rochdale Saints went to see the illuminations at Blackpool. The afternoon was spent in playing football, paddling, and just sitting on the beach. Later some went to the pleasure beach and others made their way leisurely back to the coach ready for being taken through the lights. On the way home a sing-song was enjoyed in the typical Latter-day Saint fashion.

A surprise farewell social was held at Huddersfield for Elder Glenn P. Alger who was released on September 7th. The evening began with several well-planned games and a delicious meal was served by the Relief Society sisters.

The Branch presented Elder Alger with a pull-over and "The History of Joseph Smith". Several musical numbers were rendered and the evening came to a close with community singing. The social was under the direction of Elder Hipard.

On August 2nd, the Doncaster M.I.A. went by car to beautiful and historic Knaresborough. The trip was wonderful through the awe-inspiring, Yorkshire countryside to which the golden tints of Autumn gave an extra quality of solemnity. So great was the beauty that, at times, the chatter of the Saints was hushed and even the car engine took on a note of quietude. Arriving in Knaresborough, the party walked up the river bank and admired the ancient majesty of the architecture, both of man and of God, for nature runs alongside the artifice most wonderfully there. At last the time ran out and the Saints drove home through rain and stated very happily that the outing was worth while. Gratitude is due to Brother Cyril Bishop and family for the use of their fine car.

Sheffield

Once again Sheffield District had to say farewell to a wonderful missionary, this time to Elder Sydney Atkin who vacated the position of District President on the completion of his mission. A presentation of a small silver cup, suitably engraved, was made to him by his fellow missionaries and he received a leather writing-case from the Sheffield District Saints. A representative from each of the Branches in the District paid tribute to the excellent work Elder Atkin had done in the District. President Lund who has succeeded Elder Atkin has already won

the hearts of all by his sincere humble disposition. He will find the Saints in the District always ready to give every support in his office.

Scottish

Scottish District Conference was held in Glasgow on September 9th and all Branches were well represented. Elder and Sister Bennion, President and Sister Kerr and Sister Smith whose husband is assistant to Elder Ezra Taft Benson were all present. A very wonderful spirit was felt at each session. The Glasgow Relief Society presented a wonderful tableau and also provided meals between each session.

The Harvest Ball was also held in Glasgow on September 8th and was attended by about 110 people. The theme was, "East, West, Home's Best", and the hall was beautifully decorated with travel posters.

Paisley held their first meeting in their new Chapel on September 16th. District President Ogden gave a word of appreciation to the Saints who worked so hard at their Chapel. There was a record attendance of sixty-eight people at the meeting.

Paisley's first M.I.A. was held on September 24th, the auxiliary is sure to be a success with such leaders as Brother G. Chapman, Brother E. Taylor, and Sister C. Holmes.

On September 20th, the Paisley Relief Society held a farewell social for Sister Heather Rudd who is flying to Canada to be married. About seventy attended and had a marvellous time with dancing, games, and community singing. Sister A. Thompson made the presentation of cutlery on behalf of everyone present.

Births and Blessings

On September 16th, the son of Brother and Sister Taylor of Paisley was blessed by President W. Connell and given the name of Richard Taylor.

To President and Sister Parsons of Barnsley on July 5th a son, Paul Robert, was blessed by Brother G. R. Birkhead on August 5th.

To Brother and Sister Brownlow of Sheffield, a son, Anthony Mark, was blessed by Elder D. Brammer on September 2nd.

Glenn Dawson and John Adrian, the sons of Sister Jessie Hook of Sheffield were blessed by Elders W. H. Fagan and Joseph Hampstead.

To Brother and Sister Taylor of Wombwell, a daughter was born on August 17th.

On September 13th, Brother and Sister Fred Laycock of Dewsbury received the beautiful gift of a daughter. The baby is to be given the names of Vivienne Glenys.

The daughter of Brother and Sister Albert Orton Gay of Leeds was blessed by President H. H. Tassell on July 1st and given the names of Susan Lesley.

Sister Doris Kavanagh's daughter was blessed by Brother Stanley Smithson on September 9th. She was given the names of Maureen Ann.

Brother John Pallister blessed the small daughter of Sister Alice Camm at Leeds on September 9th. She was given the names Elizabeth Julia.

A second son was born to Brother and Sister Timmins of Wythenshawe on September 24th.

Stella Pamela, the infant daughter of Brother and Sister William Spears of Nuneaton was blessed on September 30th.

The daughter of Brother and Sister James Such was blessed by her father in the Birmingham Chapel on September 16th and given the name of Alison.

The son of Brother and Sister Horace J. Mawle of Birmingham was blessed by his father on September 9th and given the names David John.

The daughter of Brother and Sister Leslie Negeney was blessed by her father in the Birmingham Chapel on September 30th and given the names Valerie Ann.

Sister J. Taylor's daughter was blessed at Luton and given the names of Wanda Lynn.

The son of Mr. and Sister Woods of Luton was recently blessed and named John Martin.

A son was recently born to Brother and Sister Ditty of Liverpool.

A son was born to Brother and Sister William Hart of Romford on September 4th. He was blessed by Elder Sydney Atkin on October 7th and given the name of Phillip.

Benjamin Dean Hill, the son of Elder and Sister Stan Hill of Plymouth, who was born on February 27th, was blessed by Elder Ogden.

Paul Eric, son of Elder and Sister Eric Burch of Plymouth was blessed on August 5th by Elder Wallace.

Garry McAlpine, the son of Brother and Sister Hicks of Sheffield was blessed by his father on October 7th.

Marriages

On September 6th Donald John Strah was married to Dorothy Morgan in the Wythenshawe Chapel. The ceremony was conducted by Elder Firmage.

The wedding took place at Derby, on September 12th, of Sister Shirley Wood and Brother Peter Sanders.

Engagements

The engagement of Sister Jean Gray of Glasgow to Brother James Marshall was recently announced. Brother Marshall was formerly a member of the Glasgow Branch but is now serving with the U.S. Army in Germany.

Ordinations and Advancements in the Priesthood

To the Office of Deacon

William G. Jones of Nuneaton under the hand of Elder Vern Stembridge on September 16th.

Arthur Turvey and Cyril Langford of Northampton on September 30th.

Graham Roger Vranck of Newton Abbot.

James Frederick Turner and Gordon Martin Stewart Perkins of Plymouth.

To the Office of Teacher

Keith Valentine Hebditch of Leeds under the hand of President Baker on August 11th.

John Roger Camm of Leeds

under the hand of Brother Smithson on September 16th.

Reginald Roy Hazel of Newton Abbot.

Russell Wise of Plymouth.

Albert Culley of Northampton on September 30th.

To the Office of Priest

Edward Keith Wigglesworth of Leeds under the hand of President Tassell on September 23rd.

Morris Neal Sargent of the U.S. Forces under the hand of Elder Vaughan Wixon on August 17th.

James Robert Neal of Norwich under the hand of President Bert W. Martins on September 16th.

To the Office of Elder

William Bradley Cooper under the hand of Elder Vaughan Wixon on August 17th.

James E. Brookshire under the hand of Elder Wesley L. Normine, Jr., on August 17th.

John Laurie of Sheffield under the hand of Brother G. Laycock on September 23rd.

Hartley Alec Iles of Cheltenham under the hand of Elder Adam S. Bennion on August 12th.

The Lord sent another Apostle
To visit his Saints over here,
And like those who came before him
He was good and kind and dear.
How wonderful to meet him, see his smile and feel his love,
I know the messages he gave came from our Lord above.
To share his smile and talk with him and have him shake my hand
Brought me the joy and happiness that only Saints can understand.
He talked about our mothers, our homes, our children dear,
That it's wonderful to be a Mormon, he made very clear.
One final word he gave and said, "As you go on your way,
Try to be more kind, more sympathetic, more thoughtful every day."
I'm grateful for the Apostle and know his words were meant
To guide me on life's journey and fill me with content.

—Sister Barbara Dyer.

MISSIONARY ACTIVITIES

ARRIVALS :

September 11th, 1956

Elder James Elbert Scoresby
Elder Philip Reed Davis
Elder William Lyman Rich
Elder Leonard Harrington Russon
Elder Thomas Rognaar Burton
Elder Robert James Hodgson
Elder Gerald Alma Gygi
Elder Alan Jay Dayley
Elder Arthur W. Sadler
Elder Raymond Paul Johnson
Elder Howard Ray Olpin
Elder Earle Wagner Peirce, Jr.
Elder Travis Rushforth Weaver
Elder Ross Wherritt Baum

From

Iona, Idaho
Salem, Utah
Logan, Utah
Salt Lake City, Utah
Ogden, Utah
Salt Lake City, Utah
Salt Lake City, Utah
Ogden, Utah
Salt Lake City, Utah
Provo, Utah
Salt Lake City, Utah
Salt Lake City, Utah
Kaysville, Utah
Heber City, Utah

Assigned to

Wales
Hull
Birmingham
London
Birmingham
Wales
Liverpool
London
Nottingham
Sheffield
Newcastle
London
Irish
Irish

October 9th, 1956

Elder Billie Ray Anderson
Elder David Rodger Ashby
Elder Allen Gee Brown
Elder Stephen James Clark
Elder Joseph Nelson Hodgson
Elder Ronald Gordon Linford

Green River, Wyoming
Richfield, Utah
Salt Lake City, Utah
Springville, Utah
Ventura, California
Long Beach, California

Bristol
Birmingham
Liverpool
Birmingham
London
Liverpool

TRANSFERS :

Sister Rosemary Williams
Elder Robert F. Williams
Elder C. J. Mason
Elder Ted Miller Davis
Elder Sylvan F. Seely
Elder Darwin S. Martell
Elder Charles R. Wright
Elder Joseph M. Ditty

From

London Office
London Office
Manchester
London
Welsh
Newcastle
London
Liverpool

To

Liverpool
Liverpool
Welsh
Leeds
Manchester
Irish
Liverpool
Newcastle

Date Effective

September 21st, 1956
September 21st, 1956
September 11th, 1956
September 11th, 1956
September 11th, 1956
October 9th, 1956
October 9th, 1956
October 9th, 1956

APPOINTMENTS :

Elder Kay H. Christensen appointed Secretary of the Mission, September 15th, 1956.
Elder Richard L. Evans, Jr., appointed Editor of *The Millennial Star*, September 26th, 1956.
Elder Richard F. Williams appointed District President of Liverpool District, September 21st, 1956.
Elder Charles W. Penrose appointed District President of Hull District, September 12th, 1956.
Elder Robert A. Madsen appointed Supervising Elder of London District, September 15th, 1956.
Elder Y. Daines Lund appointed District President of Sheffield District, September 28th, 1956

RELEASES :

Elder Bruce Hinckley Robinson
Elder Charles Welch Taggart

From

Salt Lake City, Utah
Cody, Wyoming
Salt Lake City, Utah
Boise, Idaho

District

Scottish and Hull* District
Sheffield, Newcastle, Liverpool and London* Districts
Nottingham and Liverpool* Districts
Nottingham, Bristol and London Office†
London, Sheffield* Districts
London, Newcastle and Norwich Districts
Norwich, Scottish, London Office and London Districts

Elder David W. Wright
Elder David K. Hart

Elder Sidney James Atkin
Elder Larry Kay Juchau

Sister Anna Belle Sanders

* District President.

† Editor of *Millennial Star*.

ELDER BRUCE H. ROBINSON
ELDER CHARLES W. TAGGART



ELDER DAVID K. HART
ELDER DAVID W. WRIGHT



ELDER
SIDNEY J. ATKIN



SISTER
ANNA BELLE SANDERS



ELDER
LARRY K. JUCHAU

BAPTISMS :

Birmingham District

Olive Amy Chadway of Birmingham
Stephen Martin Chadway of Birmingham
Geraldine Winnifred Edwards Hart of Birmingham

Bristol District

Gladys Mary Jane Vranck of Plymouth
Raymond Reginald Vranck of Plymouth
Christopher Malcolm Vranck of Plymouth
Graham Rodger Vranck of Plymouth
Ivor John Leslie Reed of Stroud

Irish District

Sylvia Ann Davison of Belfast
Elizabeth Bowden Devenney of Belfast

Leeds District

Sylvia Crich of Dewsbury
Sybil Angela Robinson of Dewsbury
Jeffrey Warriner of Dewsbury
Hilary Warriner of Dewsbury
Steven Frederick Watson of Dewsbury
Pauline Smith of Halifax
Beryl Skinner of Halifax
Zoya Tanya Hughes of Leeds

Liverpool District

Alfred John Briscoe of Liverpool
Ann Lohrenz of Liverpool

David Houghton Kinston Smith of Wigan

Manchester District

Ruth Lomas of Manchester
Penelope Anne Mazy of Wythenshawe
Cecille Longden of Wythenshawe
John Rosco Jones of Stockport
Ronald Kent Mason of Wythenshawe
Margaret Astley Jones of Stockport

Newcastle District

Margaret Jennette Howden of Sunderland
Myra Howden of Sunderland
Janet Howden of Sunderland

Norwich District

Alan Leonard Lincoln of Southend
Ruby Ann Lincoln of Southend
Alexander Francis Lincoln of Southend
Doris Mary Robinson of Lowestoft

Scottish District

Robert Stark Fraser of Glasgow
John Townsend of Paisley
Samuel Campbell of Paisley
Margaret Henderson Macrae of Paisley
Rhona Marie Martin of Glasgow
William MacDonald of Aberdeen

Welsh District

Harold Aubrey Squire of Cardiff

Those Having Completed the British Mission Public Speaking and Teaching Course :

Esme Rosemary Aubrey	Bournemouth	Bristol	July 20th, 1956
Dilys Joan Carpenter	Bournemouth	Bristol	July 20th, 1956
Eileen Rose Carpenter	Bournemouth	Bristol	July 20th, 1956
Lilian E. M. Summersell	Bournemouth	Bristol	July 20th, 1956
Henry J. Summersell	Bournemouth	Bristol	July 20th, 1956
Henry J. G. Street	Bournemouth	Bristol	July 20th, 1956
Vera P. Kilbey	Bournemouth	Bristol	July 20th, 1956
Kathleen Cottington	Bournemouth	Bristol	July 20th, 1956

CHRISTMAS

issue next month

- **ORDER EXTRA DECEMBER
“STARS” TO SEND TO
FRIENDS**
- **GIVE “MILLENNIAL STAR”
GIFT SUBSCRIPTIONS**
- **PLACE YOUR ORDERS
EARLY**



Yea, all things which come of the earth, in the season thereof, are made for the benefit and the use of man, both to please the eye and to gladden the heart;

Yea, for food and for raiment, for taste and for smell, to strengthen the body and to enliven the soul.

And it pleaseth God that He hath given all these things unto man; for unto this end were they made to be used, with judgment, not to excess, neither by extortion.

And in nothing doth man offend God or against none is His wrath kindled, save those who confess not His hand in all things, and obey not His commandments.

D. & C. 59 : 18-21